

exercising options

Myrna Partrich

Healthy diet controls those monthly blahs

Dear Myrna: I read your column on PMS and I was fascinated. I have never learned so much about PMS. I think this subject is a bit of a mystery to most people. Can you go a little further and talk about a diet for PMS? Is there such a thing? I am a little heavy.

Thank you for being fascinated. I wish all my readers felt this way. Yes, PMS is a mystery to most people.

There may be no cure for PMS but yes, you can control the blahs by avoiding certain foods and eating a good, healthy diet. You want to avoid foods that contribute to water retention and bloating, irritability and nausea.

Some important tips: drink six to eight glasses of water daily and limit your caffeine intake (try herbal teas, hot water and lemon juice or flavored water); reduce salt, protein, fat, alcohol and refined sugar; and increase complex carbohydrates such as baked potatoes, rice, pasta, beans, grains, etc.

Your eating habits in general are basically what I always preach — low fat, high carbohydrate intake. Don't skip meals because you tend to eat too much at one time. It's about grazing — at least three small meals a day. Eat only in a defined meal area and sit down and relax when you eat. Try to prepare your entire meal on one plate. This way you may not need seconds. Tricky, yes!

Some other tips include: eating an apple or orange per day as a snack, really reducing animal fats (trying chicken or fish two to three times a week), never go to a party hungry — eat a little before to avoid that high caloric party food, and PMS might be a hungry time for you — a little brown bagging wouldn't hurt.

Please avoid fatty foods. This might cause irritability and nausea. Lots of refined sugar found in most desserts can make you feel nervous during PMS. Salty foods will cause water retention and bloating, which in turn, will make you an angry woman. This might sound extreme, but it is true. In general, a good, healthy diet will help your PMS symptoms and also help you to control your weight gain.

Personally, if I had problems with PMS, I would consult with a registered dietitian. It is best to consult with professionals who will have a better understanding of your problem. There is so much we can learn about nutrition and how it relates to our health, both mental and physical.

Myrna Partrich, co-owner of The Workout Company Inc. of 10000 Highland Township, and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to: Sports Dietitian, Myrna Partrich, 805 E. Maple, Birmingham 48009.

Fall spawns provide hopes for steelhead

Southeast Michigan anglers should find good numbers of steelhead in area streams and rivers during spring spawning runs. AAA of Michigan reports.

Fisheries biologists from the Michigan Department of Natural Resources expect this year's migration to be as good or better than last year.

The biologists have their optimism on the strength of fall spawning runs, the quality of steelhead being planted in the Great Lakes tributaries and favorable conditions for natural reproduction.

However, some biologists said increased steelhead harvests in the Great Lakes over the past two years could reduce the number of fish returning to spawn this spring.

The best time to fish should be from early to mid-April in southeast Michigan although warm weather could trigger earlier runs.

Steelhead rainbow trout that have migrated in the Great Lakes are dogged fighters with tasty flesh. The fish average five to 12 pounds and return to spawn in the streams where they were planted or hatched.

Migrating steelhead normally will be found in the main flow of a river.

The most popular bait for steelhead is a spawn bag — a sack containing salmon eggs of the river from another steelhead. The spawn bags are usually lumped along the bottom near rocks, stumps or other obstructions, places where steelhead are often found.

Elaborate year-tures with contrasting colors or bright colored artificial spawn are also popular bait choices among steelhead anglers.

• YOUTH CAMP

Michigan youngsters tired of the typical assortment of camp activities will find an exciting alternative as they discover a new way of looking at their world. Michigan United Conservation Club's Summer Youth Conservation Camp offers an eye-opening look at wild birds, animals and fish along with instruction on valuable outdoor skills and information on the environment. The 1991 camp will be held June 23 to Aug. 10 at the Mill Lake Outdoor Center near Chelsea in Washtenaw County.

The MUCC Summer Youth Camp offers a one-week junior session for 11-14 year olds. A separate advanced program is available the week of Aug. 4-10 for 14-16-year-olds who have previously attended the camp.

Conducted by a carefully selected and well trained staff, the camp offers a complete program of activities and learning experiences to help young people develop an awareness of nature, the environment and the outdoors, according to Mark Stephens, MUCC camp director.

All of the youngsters are closely supervised with campers scheduled in class or an outdoor education activity at all times," Stephens said. "The professional staff assists the child's learning experience by ensuring safety, sharing their conservation knowledge and teaching the child positive values."

Unlike other summer camps, the MUCC camp offers a completely structured format that requires individuals to participate in a variety of outdoor activities and in-class learning experiences.

Courses range from environ-

Thursday, March 14, 1991 O&E

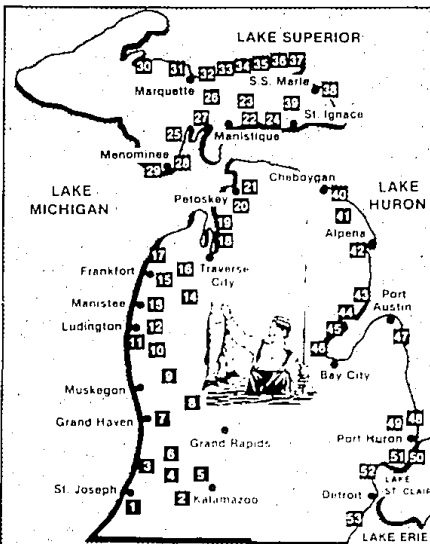
(Wb.B.T.Ro.S)3D

tal awareness, to Michigan wildlife, ecology studies, canoeing, riflery, archery, fishing and other outdoor activities. Campers are also given a chance to take part in a special night time course to earn a hunter safety or boater safety card.

Set in the 17,000-acre Waterloo Recreation Area, the MUCC camp encompasses a diverse natural envi-

ronment. Hardwood forests, meadows, and a black spruce bog make the area an ideal outdoor classroom.

Cost the junior session is \$110. Cost for the advanced session is \$135. For more information contact MUCC Youth Conservation Camp at: P.O. Box 30235, Lansing, MI, 48909, or call (517) 371-1041.



LAKE MICHIGAN		LAKE SUPERIOR	
RIVER	UPSTREAM LIMIT	RIVER	UPSTREAM LIMIT
1. St. Joseph	St. Joseph	1. St. Joseph	St. Joseph
2. Black River	Black River	2. Black River	Black River
3. Saginaw	Saginaw	3. Saginaw	Saginaw
4. Grand Haven	Grand Haven	4. Grand Haven	Grand Haven
5. Muskegon	Muskegon	5. Muskegon	Muskegon
6. Grand Rapids	Grand Rapids	6. Grand Rapids	Grand Rapids
7. St. Joseph	St. Joseph	7. St. Joseph	St. Joseph
8. Kalamazoo	Kalamazoo	8. Kalamazoo	Kalamazoo
9. Port Huron	Port Huron	9. Port Huron	Port Huron
10. Bay City	Bay City	10. Bay City	Bay City
11. Port Austin	Port Austin	11. Port Austin	Port Austin
12. Traverse City	Traverse City	12. Traverse City	Traverse City
13. Frankfort	Frankfort	13. Frankfort	Frankfort
14. Manistee	Manistee	14. Manistee	Manistee
15. Ludington	Ludington	15. Ludington	Ludington
16. Petoskey	Petoskey	16. Petoskey	Petoskey
17. Cheboygan	Cheboygan	17. Cheboygan	Cheboygan
18. S.S. Marie	S.S. Marie	18. S.S. Marie	S.S. Marie
19. Marquette	Marquette	19. Marquette	Marquette
20. Menominee	Menominee	20. Menominee	Menominee
21. St. Ignace	St. Ignace	21. St. Ignace	St. Ignace
22. Marquette	Marquette	22. Marquette	Marquette
23. S.S. Marie	S.S. Marie	23. S.S. Marie	S.S. Marie
24. St. Ignace	St. Ignace	24. St. Ignace	St. Ignace
25. Marquette	Marquette	25. Marquette	Marquette
26. S.S. Marie	S.S. Marie	26. S.S. Marie	S.S. Marie
27. St. Ignace	St. Ignace	27. St. Ignace	St. Ignace
28. Marquette	Marquette	28. Marquette	Marquette
29. S.S. Marie	S.S. Marie	29. S.S. Marie	S.S. Marie
30. St. Ignace	St. Ignace	30. St. Ignace	St. Ignace
31. Marquette	Marquette	31. Marquette	Marquette
32. S.S. Marie	S.S. Marie	32. S.S. Marie	S.S. Marie
33. St. Ignace	St. Ignace	33. St. Ignace	St. Ignace
34. Marquette	Marquette	34. Marquette	Marquette
35. S.S. Marie	S.S. Marie	35. S.S. Marie	S.S. Marie
36. St. Ignace	St. Ignace	36. St. Ignace	St. Ignace
37. Marquette	Marquette	37. Marquette	Marquette
38. S.S. Marie	S.S. Marie	38. S.S. Marie	S.S. Marie
39. St. Ignace	St. Ignace	39. St. Ignace	St. Ignace
40. Marquette	Marquette	40. Marquette	Marquette
41. S.S. Marie	S.S. Marie	41. S.S. Marie	S.S. Marie
42. St. Ignace	St. Ignace	42. St. Ignace	St. Ignace
43. Marquette	Marquette	43. Marquette	Marquette
44. S.S. Marie	S.S. Marie	44. S.S. Marie	S.S. Marie
45. St. Ignace	St. Ignace	45. St. Ignace	St. Ignace
46. Marquette	Marquette	46. Marquette	Marquette
47. S.S. Marie	S.S. Marie	47. S.S. Marie	S.S. Marie
48. St. Ignace	St. Ignace	48. St. Ignace	St. Ignace
49. Marquette	Marquette	49. Marquette	Marquette
50. S.S. Marie	S.S. Marie	50. S.S. Marie	S.S. Marie
51. St. Ignace	St. Ignace	51. St. Ignace	St. Ignace
52. Marquette	Marquette	52. Marquette	Marquette
53. S.S. Marie	S.S. Marie	53. S.S. Marie	S.S. Marie
54. St. Ignace	St. Ignace	54. St. Ignace	St. Ignace
55. Marquette	Marquette	55. Marquette	Marquette
56. S.S. Marie	S.S. Marie	56. S.S. Marie	S.S. Marie
57. St. Ignace	St. Ignace	57. St. Ignace	St. Ignace
58. Marquette	Marquette	58. Marquette	Marquette
59. S.S. Marie	S.S. Marie	59. S.S. Marie	S.S. Marie
60. St. Ignace	St. Ignace	60. St. Ignace	St. Ignace
61. Marquette	Marquette	61. Marquette	Marquette
62. S.S. Marie	S.S. Marie	62. S.S. Marie	S.S. Marie
63. St. Ignace	St. Ignace	63. St. Ignace	St. Ignace
64. Marquette	Marquette	64. Marquette	Marquette
65. S.S. Marie	S.S. Marie	65. S.S. Marie	S.S. Marie
66. St. Ignace	St. Ignace	66. St. Ignace	St. Ignace
67. Marquette	Marquette	67. Marquette	Marquette
68. S.S. Marie	S.S. Marie	68. S.S. Marie	S.S. Marie
69. St. Ignace	St. Ignace	69. St. Ignace	St. Ignace
70. Marquette	Marquette	70. Marquette	Marquette
71. S.S. Marie	S.S. Marie	71. S.S. Marie	S.S. Marie
72. St. Ignace	St. Ignace	72. St. Ignace	St. Ignace
73. Marquette	Marquette	73. Marquette	Marquette
74. S.S. Marie	S.S. Marie	74. S.S. Marie	S.S. Marie
75. St. Ignace	St. Ignace	75. St. Ignace	St. Ignace
76. Marquette	Marquette	76. Marquette	Marquette
77. S.S. Marie	S.S. Marie	77. S.S. Marie	S.S. Marie
78. St. Ignace	St. Ignace	78. St. Ignace	St. Ignace
79. Marquette	Marquette	79. Marquette	Marquette
80. S.S. Marie	S.S. Marie	80. S.S. Marie	S.S. Marie
81. St. Ignace	St. Ignace	81. St. Ignace	St. Ignace
82. Marquette	Marquette	82. Marquette	Marquette
83. S.S. Marie	S.S. Marie	83. S.S. Marie	S.S. Marie
84. St. Ignace	St. Ignace	84. St. Ignace	St. Ignace
85. Marquette	Marquette	85. Marquette	Marquette
86. S.S. Marie	S.S. Marie	86. S.S. Marie	S.S. Marie
87. St. Ignace	St. Ignace	87. St. Ignace	St. Ignace
88. Marquette	Marquette	88. Marquette	Marquette
89. S.S. Marie	S.S. Marie	89. S.S. Marie	S.S. Marie
90. St. Ignace	St. Ignace	90. St. Ignace	St. Ignace
91. Marquette	Marquette	91. Marquette	Marquette
92. S.S. Marie	S.S. Marie	92. S.S. Marie	S.S. Marie
93. St. Ignace	St. Ignace	93. St. Ignace	St. Ignace
94. Marquette	Marquette	94. Marquette	Marquette
95. S.S. Marie	S.S. Marie	95. S.S. Marie	S.S. Marie
96. St. Ignace	St. Ignace	96. St. Ignace	St. Ignace
97. Marquette	Marquette	97. Marquette	Marquette
98. S.S. Marie	S.S. Marie	98. S.S. Marie	S.S. Marie
99. St. Ignace	St. Ignace	99. St. Ignace	St. Ignace
100. Marquette	Marquette	100. Marquette	Marquette

outdoors calendar

IMPORTANT DATES AND EVENTS

• March 15-17 — Fifth annual Michigan Deer Spectacular will be at the Lansing Center in East Lansing. Featured speakers include Miles Kiefer, Byron Ferguson, Richard Smith, Kathy Buehler and more. Tickets are \$6 adult, \$3 children age 12 and under. Admission is \$6. Children under 6 admitted free.

• March 16-17 — Thirtieth annual Midwest Fly Fishing Expo, presented by the Michigan Fly Fishing Club, will be at the Southfield Civic Center. Admission is \$6 for persons \$1 for children under 12. Tickets are \$6 to \$7 p.m. Saturday and \$10 to \$11 p.m. Sunday. For more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

• March 21 — Harold Knight of Royal Oak has game calls will continue on continuous seminar on turkey and quail calls. 1:30 p.m. at the Sports Center, 277 Summit Drive, Farmington Hills.

• March 21-24 — The 1991 Michigan Wildlife Art Festival will be in Southfield. A Wildlife Market will be featuring photos of the state's writers. Association of Wildlife Artists Contest, the Federation of Wildlife Artists and a drawing contest will be featured at the Southfield Civic Center. The Southfield Civic Center will be filled with the art of wildlife art. Artists from Michigan including more than 30 of America's finest wildlife artists will be on hand for more information, call 422-4308.

in Madison Heights and Livonia. He will speak at the Madison Heights store 10 a.m. to 12:30 p.m. and at the Livonia store 1:30 p.m. The seminars are free to the public.

• March 22-24 — Steelhead's Spring Fishing Show will be at the Dearborn Civic Center. Guest speakers include DNR District Fisheries Biologist Ron Spitzer, local pro charter fisherman Capt. Steve Jones and more. Admission is \$3 adult, \$1 senior citizen. Children under 12 will be admitted free.

• March 24 — Western Wayne County Conservation Association will hold a 3-D archery shoot at 10 a.m. on the walk-through range in Plymouth Township. Call 453-9843, 10 a.m.-5:45 p.m. daily or 425-0887 evenings for more information.

• March 31 — Rabbit season ends statewide.

• March 31 — 1990 fishing licenses expire.

• April 3 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be at the Maplewood Center in Garden City. Call Tony Breher at 477-3816 for more information.

• April 3 — A six-week fly tying class begins at the Riverbend Sports Shop in Southfield. Course fees are \$50 and all materials and tools will be furnished. Pre-registration is required. Additional classes begin April 8 and April 23. Call 350-8484 for more information.

• April 20 — Thirtieth annual River Crab Salmon Stakes fishing tournament, held each spring to raise money for the prevention of child abuse and child neglect, begins at sunrise at Chuck Muir's River Crab Restaurant in St. Clair. For raffie entry tickets or more information, call the River Crab at 333-329-2261.

• April 23 and 25 — A two-day boating safety class begins at 9 a.m. The free course, offered by the Oakland County Sheriff's Department, will be at the Marine Division headquarters, 1700 Brown Road, Auburn Hills. Call 854-4991 for more information.

• St. Patty's Day Owl Hunt, a slide presentation about owls followed by a naturalist-led hike, begins at 7 p.m. Sunday at Stony Creek.

• Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-231-6534.

• What in the World is Green, an outdoor walk to search for the first green of spring begins at 1 p.m. Saturday at Independence Oaks.

• Oakland County Parks programs require advanced registration and motor vehicle permit. Call the Independence Oaks Nature Center at 625-6473 for more information.

• Wearing of the Green, a St. Patrick's Day hunt for nature's winter greenery, begins at 1:30 p.m. Sunday at Stony Creek.

• Bluebirds, Their Homes, And You, a program about bluebirds featuring a movie, a discussion and a hike, begins at 2 p.m. Sunday at Kensington.

• St. Patty's Day Owl Hunt, a slide presentation about owls followed by a naturalist-led hike, begins at 7 p.m. Sunday at Stony Creek.

• Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-231-6534.

• What in the World is Green, an outdoor walk to search for the first green of spring begins at 1 p.m. Saturday at Independence Oaks.

• Oakland County Parks programs require advanced registration and motor vehicle permit. Call the Independence Oaks Nature Center at 625-6473 for more information.

• Wearing of the Green, a St. Patrick's Day hunt for nature's winter greenery, begins at 1:30 p.m. Sunday at Stony Creek.

• Bluebirds, Their Homes, And You, a program about bluebirds featuring a movie, a discussion and a hike, begins at 2 p.m. Sunday at Kensington.

• St. Patty's Day Owl Hunt, a slide presentation about owls followed by a naturalist-led hike, begins at 7 p.m. Sunday at Stony Creek.

METROPARKS

• Across Avon Township by Light Rail, a program in which historian Deborah Bremer will provide historic highlights that might be seen by an interurban passenger in 1915 begins at 7 p.m. Friday at Stony Creek.

• Spring's Coming, a naturalist-led walk in search of signs of spring, begins at 1:30 p.m. Saturday at Kensington.

• Banding Birds Along the Way, a program in which participants will learn basic bird identification techniques and receive information on bird migration begins at 2 p.m. Saturday at Stony Creek.

• Wearing of the Green, a St. Patrick's Day hunt for nature's winter greenery, begins at 1:30 p.m. Sunday at Stony Creek.

• Bluebirds, Their Homes, And You, a program about bluebirds featuring a movie, a discussion and a hike, begins at 2 p.m. Sunday at Kensington.

• St. Patty's Day Owl Hunt, a slide presentation about owls followed by a naturalist-led hike, begins at 7 p.m. Sunday at Stony Creek.

• Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-231-6534.

• What in the World is Green, an outdoor walk to search for the first green of spring begins at 1 p.m. Saturday at Independence Oaks.

• Oakland County Parks programs require advanced registration and motor vehicle permit. Call the Independence Oaks Nature Center at 625-6473 for more information.

• Wearing of the Green, a St. Patrick